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PRIVACY IS IN SHORT SUPPLY THESE DAYS. IN DAY 1 OF OUR 3-PART SERIES, METRO TALKS TO HACKERS WHO WANT TO HELP YOU KEEP WHAT'S LEFT OF YOURS PAGES 4 & 5

OLYMPIC HERO HEALING

Four-time Canadian Olympic gold medallist and Shaunavon, Sask., native Hayley Wickenheiser discusses the importance of proper training, nutrition and hydration for optimal performance at the Gatorade High Performance Hockey Summit in Toronto on Tuesday. The women's hockey star helped Canada win gold at the Sochi Olympics despite playing with a broken foot. Story, page 13.

GATORADE/THE CANADIAN PRESS

Owl attacks divide village

Danger from above. Residents torn over what to do about great horned owl that reportedly grabbed, killed pet dogs

People in a village northeast of Saskatoon are at odds over what to do about an owl that is believed to have attacked at least three small dogs.

A great horned owl has been living in a spruce tree in the community of Aberdeen.

Miranda Hingston says the bird swooped at her chihuahua, Rosco, last month even though she was standing right next to her pet.

Rosco survived, but Hingston says her friend's small dog was killed by the bird of prey and residents say a third canine was attacked as well.

She wants the owl gone, even if it means destroying it.

But resident Janet Weser says people just need to keep a closer eye on their pets and the bird should be left alone.

"Let it hunt. It will move on as soon as the ice and snow melts off the fields. It will be after the mice," Weser said.

"I heard a shriek and then the owl grabbed ahold of him, dragged him about four feet and was going back and forth," Hingston recalled of the attack.

"I actually had to kick the owl to get him to let go."

She said her dog is doing well despite having a few talon marks on his chest and back.

"I know a lot of people around town are saying, 'Oh, it should just be left alone' ... but at the same time, what about our animals? There's a lot of small animals in town."

Kerry Wrishko, a conservation officer with the Environment Ministry, said it's not unusual for owls to attack small, domesticated animals if no other food options are available.

Limited options

Moving the bird that's been spotted several times in the spruce tree is not an option, Kerry Wrishko, a conservation officer with the Environment Ministry, said. That means if Aberdeen officials want to get rid of the owl, the ministry will have to kill it.

- "There's just not an effective means of live-trapping a great horned owl. Even if you take it away, it could end up coming back if it's got a nest."

Great horned owls are the most common owl species in Saskatchewan and usually prey on mice and rabbits, although they've been known to attack animals as large as a Canada goose, he said.

"You can't blame the owl. They're just doing what comes natural. They've got to eat."

THE CANADIAN PRESS/CKOM

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NEWS 1

Big Sky Farms

3,500 young pigs killed in fire

Thousands of piglets are dead after a fire at one of the largest hog production companies in Canada.

Olymel says about 3,500 piglets aged three to 10 weeks old died in the fire Monday at its subsidiary, Big Sky Farms, near Lanigan.

Smoke was coming out of the eves of the barn when emergency services arrived, but the fire soon engulfed the building.

RCMP initially said about 4,500 young pigs were killed, but Olymel revised the number.

No people were injured.

The cause of the fire is under investigation. THE CANADIAN PRESS

Animal testing

Province takes over rabies response

The Saskatchewan government is taking over responsibility for rabies programming from the Canadian Food Inspection Agency.

Agriculture Minister Lyle Stewart has announced $500,000 for new rabies response to help farmers and ranchers if their animals are exposed to the disease.

Private veterinarians will collect samples from suspect animals, submit the samples for rabies testing and then follow up if there's a positive result.

The Canadian Food Inspection Agency says bats, foxes, skunks and raccoons are the most common transmitters of the disease.

The province says the number of rabies in animals in Saskatchewan has fallen over the last few years with 34 cases in 2011, 24 cases in 2012 and 13 cases last year.

The Saskatchewan Health Ministry will continue to deal with human exposure to potential rabies. THE CANADIAN PRESS

33rd Street West

Cop suffers minor injuries in collision

A member of the Saskatoon Police Service (SPS) was involved in a collision while responding to a call early Tuesday.

Kelsey Fraser, a spokesperson with the SPS, says the officer had his emergency equipment activated at the time of the accident.

The officer was travelling westbound on 33rd Street West near Circle Drive when his vehicle was struck. He has since been released from hospital with minor injuries.

Fraser could not confirm the officer's speed at the time of the crash or if charges will be laid as a result of this incident. An investigation is underway. METRO

Province invests in Microsoft tech for First Nations schools

Education. Minister hopes better software access will result in improved aboriginal employment

JACOB MORGAN
jacob.morgan@metronews.ca

Education Minister Don Morgan, left, and Bobby Cameron, vice-chief of the Federation of Saskatchewan Indian Nations, announce a $120,000 investment to equip First Nations schools with up-to-date Microsoft software.
JACOB MORGAN/METRO

It's hard to imagine landing a desk job these days without a firm grasp of such basic Microsoft products as Word, Excel and PowerPoint.

That's why the province has made a $120,000 investment to include on-reserve schools in the Microsoft Licensing Agreement.

"This is an announcement that will provide software across all the First Nations in the province in their schools," said Education Minister Don Morgan. "It will allow them to be able to teach their students on the most current software."

Morgan added that he hopes the increased computer literacy will lead to better employment outcomes for First Nations people, encouraging young students to continue with post-secondary learning.

Donald Dore, senior systems manager at Prince Albert Grand Council, said the new programs are ready for installation as soon as the licences are finalized.

"Having access to these licences frees up some cash for the schools and makes sure that everybody is licensed properly with the newest and greatest software from Microsoft," said Dore.

Right now, Dore said, there is a scattershot range of programs used on reserves, and that makes it difficult for students and teachers to seamlessly transition between institutions.

But first, he added, all computers must be updated to Windows 7 before Microsoft cuts off service for its XP operating system, which some communities may find challenging.

"With the machines that we have in the schools, we might not be able to move up," said Dore. "I've seen Windows 98 still running."

Inadequate hardware and slow Internet speeds present other issues entirely. Morgan said the province is working with SaskTel to develop a strategy for better and more comprehensive connectivity.

Bobby Cameron, vice-chief of the Federation of Saskatchewan Indian Nations, said purchasing new hardware could be put on hold until the federal government's promise of additional funding kicks in around 2016.

The Microsoft Licensing Agreement commitment is the result of a Joint Task Force recommendation. The province allocated $6 million to the task forces on First Nations education and employment in its 2014-15 budget.

Town without water after pipe falters

A small Saskatchewan town is having to borrow water after a water-main break dried up its reservoir.

Ituna's water reserves dried up after the break happened sometime between Saturday night and Sunday.

Mayor Joe Garchinski says they turned the pumps back on after the break was repaired, but then silt and sand started coming into the water treatment plant.

The debris plugged up the filters in the plant, so Garchinski said a decision was made to shut down the system and start trucking water in from nearby Melville.

A contractor arrived in the town Tuesday to start fixing problem. Garchinski said it could be three or four days before the water system could be turned back on.

Ituna is 165 kilometres northeast of Regina.

The town intends to turn the water on for one hour per day to let people collect and use what is available. There is also a boil-water advisory for any water people intend to consume.

In the meantime, two trucks are supplying water from Melville, with about 30,000 litres arriving every two hours. CJME/ THE CANADIAN PRESS

See that symbol? It means you can scan this image with your Metro News app to see a photo gallery of the N.L. storm — and remind yourself it's April.

Medical pot users fear choice of pain or prison

'It's unconscionable.'
Dozens convene on Parliament Hill to protest being 'forced' to choose between 'basic health' and 'liberty'

The Conservative government is forcing users of medical marijuana to choose between treating their symptoms or holding on to their freedoms, a gathering of pot-smoking protesters complained Tuesday.

Several dozen demonstrators, some of them puffing on joints and vaporizers, gathered on Parliament Hill to protest the government's new medical-marijuana regulations on the very day they went into effect.

Among other things, the new rules require marijuana users to get their supply of the drug from commercial growers and prohibits them from growing their own, or growing it on behalf of other licensed users.

The regulations also impose limits on the amount of cannabis that licensed users can have in their possession.

Lawyer John Conroy won a Federal Court injunction last month that allows users to continue growing their own pot until a wider constitutional challenge of the regulations is heard — a ruling Health Canada says it plans to appeal.

But the courts have already determined that medically approved patients can use marijuana to relieve pain symptoms, said Conroy.

And as the case winds its way through the courts, proponents of the medicinal value of cannabis products are speaking out against the regulations.

"What Health Canada have done is forced patients to worry about our basic health maintenance versus our liberty," said Debbie Stultz Giffin, a medical-marijuana user diagnosed with multiple sclerosis.

"It's unconscionable."

Alison Myrden, who also lives with the debilitating effects of multiple sclerosis, said she relies on medical pot every single day. The new regulations would mean a substantial increase in the cost of the drug, and potentially create supply problems as well, she said.

THE CANADIAN PRESS

Quoted

"What Health Canada have done is forced patients to worry about our basic health maintenance versus our liberty."

Debbie Stultz Giffin, medical-pot user and MS sufferer

'Spring' weather makes April fools out of St. John's residents

There was no spring weather for St. John's, N.L., which came to a stop Tuesday morning as an early-spring snowstorm dropped more than 30 centimetres of snow on the area overnight, with a possibility of another 20 centimetres before it moves out.

PAUL DALY/THE CANADIAN PRESS

Chile. Huge earthquake hits off coast

A powerful magnitude-8.2 earthquake struck off northern Chile on Tuesday night, setting off a small tsunami that forced evacuations along the country's entire Pacific coast. Officials reported two deaths and several serious injuries, but the area apparently escaped major damage as landslides blocked roads, power failed for thousands, an airport was damaged and several businesses caught fire.

In the city of Arica, 139 kilometres from the quake's epicentre, hospitals were treating minor injuries, and some homes made of adobe were destroyed.

The quake also shook buildings in Peru and in Bolivia.

Iquique Gov. Gonzalo Prieto said two people died after the quake hit at 8:46 p.m. and several others had serious injuries. The mayor of Tarapaca attributed the deaths to heart attacks.

THE ASSOCIATED PRESS

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See that symbol? It means you can scan this image with your Metro News app to see why hacking on the big and small screen looks fun, but is not very accurate.

Best security software? Keep private life offline

Even the best programs will only do 20 per cent of the job, says ethical hacker Mike Sues. Your best defence against nefarious types on the web is keeping it low-pro in cyberspace

LUCY SCHOLEY
Metro in Ottawa

Give Mike Sues enough time and he could hack your computer to steal financial information, find out where you live and identify your family members on social media.

Luckily, Sues doesn't specialize in illegal hacking. He's an "ethical hacker," meaning companies and government agencies hire him to crack into their computer software security systems, expose their weaknesses, and fix them.

You might think Sues — the CEO and ethical hack specialist of Rigel Kent Security & Advisory Services Inc. — has an impenetrable security system on his home computer. But that's not the case. He says staving off hackers starts with keeping our private lives offline.

"That's the first thing we should be worried about because that information can be used by the attacker against you," he says.

Sues says the average home user has a "weak" password — usually the name of a spouse or child — that a hacker can easily guess by trolling photos of family members that are posted on social media sites.

These days, hacking is not necessarily the work of a lone dude in his parents' basement. Often, it's the method of organized crime groups using "botnet" malware to anonymously attack large swaths of computers. A small sum of money taken from one person's bank account can add up when it's thousands of people whose credit card numbers have been compromised.

Financial information can be gleaned from password guessing, but also from email phishing (see next page for an explanation of terms). While Sues said it might seem like a "no-brainer" to avoid clicking on suspicious links that land in your inbox, many people still fall for it.

What's more, if you publicly broadcast photos of your band practice or running club on social media, don't be surprised if you get an email with links to music events or deals on new jogging gear. That's a form of "social engineering," hacking called spear phishing — a custom-made and very specific phishing attack. One click of those links could let a hacker into any information saved on your hard drive, including passwords, contact lists, tax forms and other financial information.

"The compromise would take just a number of seconds — or even under a second," says Sues.

If you have a tablet or an iPhone and you synch it with your home computer, then photos, music and videos could also be stolen in the attack.

Sues says anti-virus software programs can help, but they are only about 20 per cent effective. And no security system will protect you 100 per cent.

"If an attacker really wants to get in and they have lots of time to do it, they'll get in."

Hacking your world: Day 1 of 3

- Who's hacking who? Who's hacking you? Metro looks at the real-life world of virtual break-ins
- Tomorrow: When the government spies on you

In this film image, Rooney Mara is shown portraying hacker/private investigator and fugitive Lisbeth Salander in a scene from The Girl With The Dragon Tattoo. Much like Mara's character, hackers in real life are often misunderstood because of their technical skills, which can be used for good or ill. But don't think it's all like you see in the movies. Capturing a more realistic portrayal of hacking would probably make for lousy entertainment. Sometimes it's ridiculously easy, other times, not. While sometimes a hacker can crack a password after a few seconds of typing, that's often not the case. CONTRIBUTED

Stay safe out there

Tips to prevent hackers from stealing your information

- Have a decent email spam filter and don't click on links or attachments from people you don't trust.
- Avoid using weak passwords, including the names of family members. Many websites will force you to pick a stronger password that includes a mix of upper and lower case letters and numbers, but not always.
- Change your Facebook settings so that only friends can view your photos.
- Regularly check your banking and credit card statements. Small items that you can't remember buying may mean your accounts have been hacked.
- Do not save any passwords and financial information on your hard drive.

Origin story

The term "hacker" is often used to describe someone who breaks into a computer system and steals information illegally or for malicious purposes.

- But that's not the true meaning of the term. "Hacker" originated at the Massachusetts Institute of Technology's (MIT) Tech Model Railroad Club in the 1960s.
- It was initially used to describe someone who strives to fully understand the inner workings of a system — be it computer or otherwise.

Modern life's Catch-22

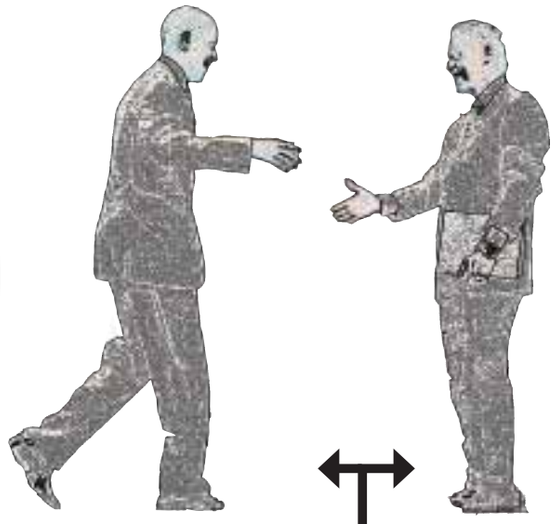
"We tend to live in a society where we're concerned about our privacy, but we so easily give it up by posting pictures in our status updates."

Computer security specialist Mike Sues

Phishing

"Hello, I represent the exiled Prince Ali of Utopia. I am authorized to release the sum of $1M to anyone who can help him transfer his frozen assets ..."

- Phishing attacks usually involve emails or pop-ups that try to trick people into downloading viruses or giving up personal information. They may also direct people to URLs for websites infected with viruses.
- Spear Phishing is a more targeted form involving using personal info about the target to make the trick seem more trustworthy.



Man in the middle

Apple alerted users in February to a vulnerability in its software that allowed hackers to get in between Wi-Fi routers and users and monitor and intercept Wi-Fi signals.

- **While Apple issued a patch for iPhones and iPads, there's no word yet on a fix for their computers.**
- **One safeguard users can employ is to use a Virtual Private Network (VPN) when using Wi-Fi**

Social hacking

A hacker made off with $100,000 worth of bitcoins in Ottawa recently just by telling a help desk he was the Bitcoin firm's CEO and he needed them to reboot a server.

- Social norms can be a powerful tool for hackers. Most people know they should ask for ID, but they don't.
- Some might call it a con, but often social hacking has a tech component. For instance, a hacker might "return" a "lost and found" USB key with a virus, hoping it gets plugged in.

Don't make your password 'password'

Much like a home security system, a strong password can deter a hacker. But many people pick ones that are easy to break.

- Computer security researcher Mark Burnett says 9.8 per cent of people use either "password," "123456," or "12345678."
- 98 per cent of people use the top 10,000 passwords — the words hackers' computer programs will typically try first.

Government surveillance

In January, the CBC reported CSEC had been monitoring airport Wi-Fi, spying on Canadians.

- Several countries have accused each other of sponsoring hackers and even creating viruses and botnets.
- The NSA disclosed that it collects about 250 million Internet communications each year. Google says that from 2009-2013, government requests for information about its users rose 120 per cent to total 27,477 requests.

Zero-day attacks

As computer security flaws are found and patched, some users will stay up-to-date and others will not.

- A zero-day attack hits newly discovered flaws. They don't work after the flaw is patched ... except on computers that haven't been updated.

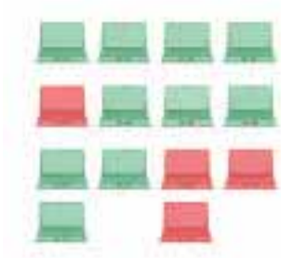


PHOTO ILLUSTRATIONS: SEAN MCKIBBON/METRO AND GETTY IMAGES

On hacking: 'It can be really, really boring'

What makes a hacker hack? Science.

"The little kid who is 12 in a basement breaking into computers wasn't really me," says Leigh Honeywell, 29, a Canadian computer security professional, who works at a major cloud provider in San Francisco.

Some say the dominant hacking motive is greed and voyeurism, but Honeywell says curiosity motivates her and other ethical hackers.

"When you are doing hacking right, you are doing science, and whatever your educational background is, there's that element of curiosity and playfulness," she says.

She fell into it while studying biophysics when she went with a friend to a hacker conference.

"It was the coolest thing ever," she says.

The idea that hooked her was that all software is broken and people in the field are trying to make it "less broken." It's impossible to get perfect, but Honeywell says there's a responsibility to make it better because people rely on it.

It's fascinating work, there's good money and high demand, but it's hard to get into, she says.

It's not all serious. She runs a "capture the flag team," that meets up with others at conferences and competes at hacking challenges to break into tournament computers and expose flaws.

But it's not always fun either. "One of the things people don't realize about hacking is it can be really, really boring," she says. It can often involve writing code and waiting hours while the computer runs through the program.

More people should learn about hacking, she says.

"I've never heard a good argument for not teaching college kids about hacking," she adds. "These are the kids that are going to go on to build software. If they don't know what they are up against, that's how you get insecure software."

SEAN MCKIBBON/METRO IN OTTAWA

Ethical hacker Leigh Honeywell
VINCE TALOTTA /TORSTAR NEWS SERVICE

NATO to reinforce eastern defences, cut Russia links

Foreign ministers meeting. Unanimous agreement to end all practical civilian and military co-operation with Moscow

NATO foreign ministers moved Tuesday to beef up the defences of front-line alliance members feeling menaced by a more assertive Russia, with Secretary of State John Kerry proclaiming the U.S. commitment to their security is "unwavering."

The ministers from NATO's 28 member nations also ordered suspension of all "practical civilian and military co-operation" with Vladimir Putin's Russia, though they made sure a line of communication with the Kremlin remains open at the ambassadorial level.

The North Atlantic Treaty Organization, a keystone of U.S. and European security since the end of the Second World War, is facing its most acute geopolitical crisis in years: the fallout from Moscow's annexation of Ukraine's Crimean Peninsula, which the Obama administration and its allies condemn as a brazen, illegal land grab.

On Tuesday, an estimated 35,000 to 40,000 Russian troops equipped with tanks and aircraft remained near the border with Ukraine, a NATO official said.

The military official described the Russian buildup as "a complete combat force" highly threatening to Ukraine.

To reassure NATO's skittish eastern allies, Kerry told a news conference, the U.S. has already sent six F-15 fighters to perform air patrols over the Baltic, deployed a dozen F-16s to Poland and dispatched the USS Truxtun, a guided-missile destroyer, to the Black Sea.

"And more U.S. support is on the way," Kerry said.

At the Tuesday afternoon meeting he attended with the foreign ministers, the secretary said, "more allies pledged their own contributions to make sure every ally from the Baltic to the Black Sea feels secure."

THE ASSOCIATED PRESS

Ukraine's Foreign Minister Andrii Deshchytsia speaks with NATO Secretary General Anders Fogh Rasmussen during a meeting of the NATO-Ukraine Commission in Brussels on Tuesday. OLIVIER HOSLET/THE ASSOCIATED PRESS

Canadian reaction

It's a first step: Baird

NATO's decision to end civilian and military co-operation with Russia on Tuesday is just one step in a long journey to end the Ukraine crisis, says Foreign Affairs Minister John Baird.

"This is exactly what Canada did weeks ago. It's not going to be business as usual so we're suspending all civilian and military co-operation with the Russian Federation," Baird told The Canadian Press from Brussels.

Asked whether NATO has been too slow to respond, Baird said: "It's the first minister's meeting we've had since the crisis came about."

Baird said NATO will consider options to counter Russia's unilateral annexation of Ukraine's Crimean Peninsula. The minister said capacity building, tactical support and beefing up assets are among them.

"We think a strong response is necessary," he said.

THE CANADIAN PRESS

Obama celebrates health-care law's 7M sign-ups

U.S. President Barack Obama, with Vice-President Joe Biden, speaks at the White House in Washington, Tuesday. CAROLYN KASTER/THE ASSOCIATED PRESS

After facing a rocky start and chorus of naysayers who declared his health-care law a failure, President Barack Obama on Tuesday celebrated a better-than-expected 7.1 million sign-ups for health coverage that he said should end the debate over the law possibly being repealed.

"The Affordable Care Act is here to stay," Obama declared in a feisty Rose Garden speech the day after the deadline for Americans to enrol.

Obama announced the 7 million threshold that once was seen as unattainable, even as the number still could climb. People who started applying but couldn't finish before the Monday midnight deadline can have extra time, as do potential enrollees with special circumstances.

Quoted

"Why are folks working so hard for people not to have health insurance? Why are they so mad about the idea of folks having health insurance?"

U.S. President Barack Obama, lashing out at critics of his Affordable Care Act.

Administration officials said they were still compiling data that will be important in determining the ultimate success of the six-month enrolment period, such as how many enrollees were previously uninsured and whether enough younger, healthy people signed up to offset the costs of covering older, sicker consumers.

But Obama said after the initial computer problems that plagued the online insurance exchanges where people could sign up, the law was working as he had hoped.

"The bottom line is this: Under this law, the share of Americans with insurance is up, and the growth of health-care costs is down. And that's good for our middle class, and that's good for our fiscal future," he said.

THE ASSOCIATED PRESS

Struck in the neck

The Penn. chainsaw non-massacre

A tree trimmer is recovering after he was rushed to a hospital with a chainsaw blade embedded in his neck.

James Valentine was in a tree on Monday afternoon when he was struck in the neck by the saw. Another worker helped him down, and his co-workers left the saw in place to try to limit the bleeding.

Valentine had emergency surgery. Doctors say the saw missed major arteries and, instead, cut into muscle. A hospital-released X-ray Tuesday shows the saw still in the 21-year-old's neck. THE ASSOCIATED PRESS

Greece

Guards charged with torturing man to death

Eight Greek prison guards were charged Tuesday with torturing to death an Albanian convict accused of fatally stabbing a guard in another jail after being refused temporary release to visit his critically ill mother.

Prosecutor Nikos Antonarakis, in the central town of Amfissa, issued arrest warrants for the guards, who work in the northern Nigrita prison where Ilie Kareli, 42, was found fatally injured in his cell last week after a severe beating.

If proved, the torture charges carry a maximum life sentence in prison.

THE ASSOCIATED PRESS

Germany

Deportee forces flight turnaround

Police say a Lufthansa plane was diverted after a passenger being deported from Germany threatened the cabin crew with a broken razor blade.

Police said the 28-year-old man from Kosovo became unruly shortly after takeoff.

The man was being deported to Hungary, where he had applied for asylum before entering Germany illegally.

He said the pilot turned the plane back to Munich airport where the other 76 passengers disembarked as police arrested the man without incident.

One flight attendant was slightly injured.

THE ASSOCIATED PRESS

Market Minute

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TSX
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OIL
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GOLD
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Starbucks finds

Americans love sliced cake loaves

Starbucks is learning that people really like their sliced cake loaves in the U.S.

The Seattle-based coffee company says it will start bringing back its cake slices in response to customer feedback.

The company had been getting rid of the slices that came in banana, iced lemon and pumpkin flavours as part of a staggered rollout of its pricier new baked goods. In their place, Starbucks offered what looked like miniature loaves that cost $2.45 US, an increase of 20 cents.

THE ASSOCIATED PRESS

Call for boycott

OkCupid not OK with Mozilla's anti-gay marriage CEO

An online dating service is encouraging its users to stop using the Firefox web browser because the new CEO of the company that makes it supported California's former gay marriage ban.

Mozilla, the non-profit maker of Firefox, infuriated many employees and users last week by choosing co-founder Brendan Eich to lead the Mountain View, Calif., company.

In 2008, Eich gave $1,000 US to the campaign to pass California's Proposition 8.

THE ASSOCIATED PRESS

Cost to fix ignition just 57 cents: GM

Penny wise, pound foolish? It took General Motors a decade to recall faulty switch linked to 13 deaths

The piece needed to fix a defective ignition switch linked to 13 traffic deaths would have cost just 57 cents US, according to documents submitted by General Motors to U.S. lawmakers investigating why the company took 10 years to recall cars with the flaw.

At a hearing Tuesday, members of a House subcommittee demanded answers from new GM CEO Mary Barra about why the automaker used the switch in small cars such as the Chevrolet Cobalt and Saturn Ion even though it knew the part didn't meet GM's own specifications.

Rep. Diana DeGette held up a switch for one of the cars and said a small spring inside it failed to provide enough force, causing car engines to turn off when they went over a bump.

DeGette showed how easy it was for a light set of keys to move the ignition out of the "run" position. That can cause the engine to stall and the driver to lose power steering and power brakes.

THE ASSOCIATED PRESS

Recall background

Since February, GM has recalled 2.6 million cars over the faulty switch.

- The automaker said new switches should be available starting April 7.
- Owners can ask dealers for a loaner car while waiting for the replacement part. Barra said GM has provided more than 13,000 loaner vehicles.

Maple syrup producers tap tech to keep the liquid gold flowing

Donnie Richards of Meadowbrook Maple Syrup poses next to sap lines and a wireless radio-unit box — containing sensors that monitor sap pressure — attached to a maple tree at his Milton, Vt., sugar bush. The wireless technology is part of Tap Track, a monitoring system designed to help mid- to large-scale syrup producers keep an electronic eye on their sap vacuum lines. The radio unit transmits data to a computer or smartphone, where it shows up as a map with green dots indicating lines with good sap flow and red dots indicating leaks. HOLLY RAMER/THE ASSOCIATED PRESS

Momentum building. Factory sector improves

Many indicators are pointing to a stabilization and even modest improvement in Canada's troubled factory sector after more than a decade of stagnation and decline, a turnaround that, if sustained, could bolster Ontario's economy.

On Tuesday, the Royal Bank reported its manufacturing purchasing manager's index (PMI) rose to 53.3 in March, up from 52.9 per cent in February, and the second gain in as many months.

THE CANADIAN PRESS

Airbnb. Find a place to stay ... plus 14% tax in San Fran

Online home rental service Airbnb has agreed to pay San Francisco's 14 per cent hotel tax, addressing at least one concern of critics who say the company is flouting regulations.

Under the plan, Airbnb would collect taxes directly from guests as an extra charge on their bill — the same way hotels do, the San Francisco Chronicle reported on Monday. For example, a guest staying in a $100 US-per-night Airbnb room would pay an extra $14 a night. THE ASSOCIATED PRESS

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FOR LIFE'S AWKWARD MOMENTS

JUST SAYIN'

Paul Sullivan
metronews.ca

April 1, 2014.

Mark this day as a landmark in the evolution of human relations: the publication date of The Awkward Human Survival Guide.

Finally, a way to deal with all the April fools in your life. It's brought to you by the people at Lifehacker, the website dedicated to the idea that there's a solution for everything.

Today, for example, Lifehacker features a piece on how to use a metal strainer to purée tomatoes when your blender's on the fritz … and "How to Tell Someone You Don't Like Them," an excerpt from The Awkward Human Survival Guide.

The advice turns out to be quite straightforward: Be honest but kind.

If you don't like someone romantically, the book advises you to say: "I'm not interested in you romantically." The more ambiguous "I don't think we should date" could foster false hope.

It tells the frightening story of a woman who eventually quit her job at the sock warehouse to get away from an amorous coworker who wasn't put off by her obvious lack of enthusiasm.

The honest but kind approach still hurts but "the pain will heal faster if you don't leave any room for interpretation and let them know they need to move on," say the authors.

There are a lot of potentially awkward humans out there, and the Guide provides us with a partial list: Republicans (Conservatives) Democrats (Liberals/NDP), hipsters, gun-rights crusaders, members of PETA, motorcyclists, reality TV stars, other drivers, other airline passengers, shy people, people who aren't shy, and, worst of all, writers. Columnists, for example.

One of my favourite techniques in The Awkward Human Survival Guide for dealing with all of the above is not to assume anything because, of course, "assume" makes an a-- out of you and me.

Don't assume the people in the next apartment having loud sex that keeps you up all night know you can hear them, and that if you can, it bothers you, and that if it bothers you, they care.

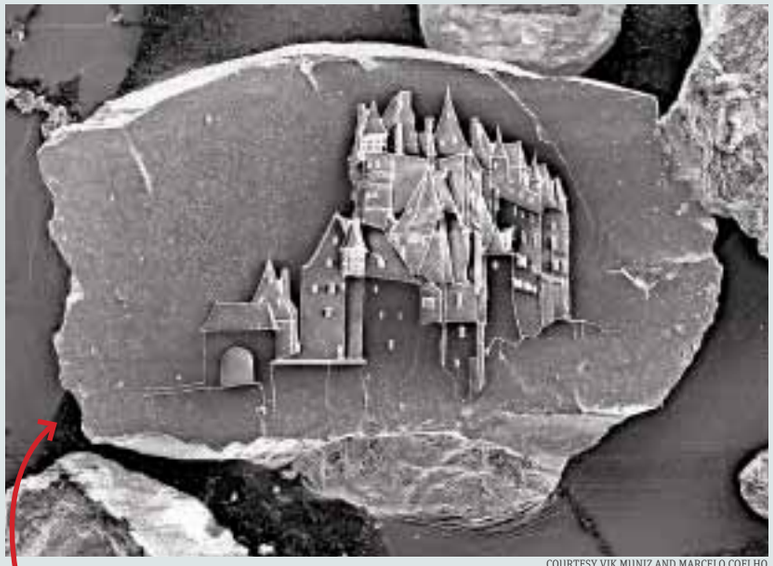
So, to cover all those potential challenges, the authors recommend a basic formula: "You may not be aware, but your behaviour (loud sex, picking your teeth, squeezing my arm) is making me uncomfortable (keeping me awake, creeping me out, causing me to panic). You're entitled to your own personal choices, but perhaps we can come up with a compromise that suits us both (quieter sex, floss in private, give me a little space here)."

This is such a potentially powerful tool that I'm going out right now to try it out on a few Conservative reality TV stars stopped at a nearby red light.

I'll let you know if I make it through the day.

ZOOM

Microscopic abode



COURTESY VIK MUNIZ AND MARCELO COELHO

Castles built on grains of sand

Artist Vik Muniz and designer Marcelo Coelho have teamed up to etch pictures of castles on individual grains of sand — a project four years in the making. The Brazilian duo paired up to use a painstaking technique of using an ion beam to draw images less than half a millimetre in length of European castles. METRO

Artist says:

"When someone tells you it's a grain of sand, there's a moment where your reality falls apart and you have to reconstruct it. You have to step back and ask what the image is and what it means."

Vik Muniz

Machine fires ions to etch drawing

Muniz drew the castles using a camera lucida, a 19th-century optical aid for sketching. Coelho then etched the drawings onto a grain using a focused ion beam that's capable of creating a line 50 nanometres wide. An electron microscope then fired electrons to scan the entire grain to make the final picture. METRO

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MetroTube

Cats react to cat videos by … licking themselves

ANDREW FIFIELD
metronews.ca

So it's fairly safe to say that we all agree April Fools' Day is the worst, right? Enter the mighty Fine Brothers of Kids React To Viral Videos fame to use it as a chance to throw up a mirror that reveals our own ugliness. "You say you like cats? You say you love cat videos? Then here is your nirvana. You maniacs."

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See that symbol? It means you can scan this image with your Metro News app to see a gallery of behind-the-scene photos from the Captain America: The Winter Soldier set.

Superhero by Cappy accident

Character study. Captain America nearly made his comic book debut as Super American — and it took decades before he returned to true patriotic form in film

IN FOCUS
Richard Crouse
scene@metronews.ca

Chris Evans and Scarlett Johansson in Captain America: The Winter Soldier. CONTRIBUTED

Captain America, played by Chris Evans in this weekend's superhero flick Captain America: The Winter Soldier, was almost tagged with a different patriotic name by creator Joe Simon.

In 1940, when he first imagined the character, he dubbed his creation Super American. Then he had a change of heart.

"There were too many 'Supers' around," he said. "Captain America had a good sound to it. There weren't a lot of captains in comics."

The first issue of the new Captain America comic was an instant hit. Released on December 20, 1940, and featuring Cap giving Adolph Hitler a knuckle sandwich, it sold almost one million copies.

Numbers like that should have attracted Hollywood's attention, but Captain America's screen debut was inauspicious. In 1943, Republic Films decided to launch a superhero serial based either on the mysterious masked character The Copperhead or the caped do-gooder Mr. Scarlet. Scripts were prepared, but before cameras rolled, the decision was made to insert Captain America into the story without radically altering the screenplays.

As a result, the character bares only a passing resemblance to the comics. In the serials he has a different secret identity and fights evildoer The Scarab instead of Nazis. His famous invincible shield is missing, as is his sidekick Bucky and there is no mention of the Super-Soldier Serum that transformed him from zero to hero.

Nonetheless, the 15-part serial — which featured exciting titles like Blade of Wrath and Vault of Vengeance — was very popular, but unfortunately did little to further the career of its star Dick Purcell. Legend has it that the strain of playing the active character was too much for him and he passed away just three weeks after filming was complete.

Despite the success of the serial, it would be half a century until Captain America was featured in another story shot for the big screen. In 1990's Captain America, Cappy is played by Matt Salinger, son of author J. D. Salinger, who beat out Dolph Lundgren and Arnold Schwarzenegger for the part.

The movie returned the character to his comic book roots, and was originally set for a 1990 release to coincide with 50th anniversary of the character but was shelved until 1992 — perhaps because of what Entertainment Weekly called a "shapeless blob of a plot" — when it was released on home video.

Captain America is possibly the most patriotic of all superheroes, but the name also pops up in one of the most famous counter-culture movies of the 1960s. In Easy Rider, Peter Fonda's character Wyatt is nicknamed Captain America after his Harley Davidson Captain America chopper.

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Chris Evans

Rumours of Chris Evans' retirement have been greatly exaggerated

Captain America star Chris Evans would appreciate it if you'd cool it with those reports that he's retiring from acting. A recent interview Evans gave in Variety led to headlines that he'd be giving onscreen work a rest once his current run as the first Avenger was up. "If I'm acting at all, it's going to be under Marvel contract or I'm going to be directing," he said in the initial interview. "I can't see myself pursuing acting strictly outside of what I'm contractually obligated to do." But Evans insists he didn't mean he's giving up acting. "(Suddenly I'm) retiring, hanging up the shoes, I guess," he jokes to Good Morning America during an appearance. "By no means am I planning on retiring. It's kind of a silly statement." METRO WORLD NEWS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Men or women? Miranda doesn't Kerr

MELINDA TAUB
Metro World News

Newly broken up with Orlando Bloom, supermodel Miranda Kerr is ready to meet an eligible gentleman caller — or possibly lady caller. She's attracted to women as well as men, she tells British GQ (via Us).

"I appreciate both men and women," she says. "I love the female body and truly appreciate the female form. I really enjoy sketching women, especially their backs. I definitely need a man in the bedroom, however — a nice strong chest to lie on." So does that mean she wouldn't date a woman? Not necessarily. "I want to explore," she says. "Never say never."

I'm pretty sure that if Miranda Kerr is asking, absolutely no one, male or female, is saying never. I know what you're thinking: What if sex with Miranda Kerr is simply awful, though? Not to worry — she welcomes constructive criticism. "I always ask for a critique on my performance. I always want to better myself in every way," she reveals.

A beautiful lingerie model who demands notes on how to better please her partner? Miranda Kerr is making the rest of us look bad. Oh, she also claims that sex tones her stomach. Know what tones my stomach? Nothing.

Chris Martin ALL PHOTOS GETTY IMAGES

No love lost between Gwyneth and neighbours — but Chris is popular

If Chris Martin leaves L.A. for London in his split from Gwyneth Paltrow, he'll also be leaving behind the couple's $10-million US Brentwood mansion — and the aggravated neighbours that go with it, according to Radar Online. "When they moved in, they had 'Do not trespass' signs put up at their school and all over their property. Then they had the big gates put in and four layers of trees," one neighbour says. "It's against the zoning laws to do it, as it ruins the sense of community if everyone had those gates." And it appears that Martin was the more popular one in that neighbourhood: "We used to see Chris walking the dogs. He was a really nice guy. He was the one with the talent. She was just the one writing cookbooks," the neighbour continues. "It's weird timing. He was building a studio in the back of the house, so it makes no sense he wanted to leave here. He seemed happy. But she wasn't as popular on the street." METRO WORLD NEWS

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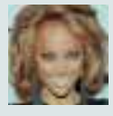
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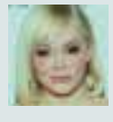
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See that symbol? It means you can scan this photo with your Metro News app to see more photos of Andrew John Virtue Dobson's tour of the island.

Making the most out of a meandering Maui road trip

Conquering the coast. Verdant views and luxury eats are just a few of the things awaiting you on this epic adventure

ANDREW JOHN VIRTUE DOBSON
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Why not try a road trip across lush Maui? PHOTOS: ANDREW DOBSON/METRO

Widely trumpeted as the world's most glamourous vacation destination, the island of Maui offers quality beaches, a variety of jaw-dropping landscapes and a vast range of thrills for adventure travellers and culinary aficionados. A visit to Maui is a once-in-a-lifetime vacation full of details to recount at dinner parties and daydream about during abysmal grey office hours in the middle of winter. For those looking to throw their hair to the wind on an ultimate road trip, Maui offers coastal highways and dreamy zigzags through lush jungle back routes. While digging your feet into the beach at a luxe resort is likely to be a must-do on your itinerary, don't forget to check out the road less travelled.

Luxurious Wailea

Upscale Wailea offers golf courses, glamourous condominiums, haute couture shopping bonanzas and a string of five-star hotels. A short 30-minute drive south of the airport, Maui's most famous razzle-dazzle resort community is the perfect spot to start your adventure. Conquer that nasty jet lag from the comfort of a spacious suite at the Fairmont Kea Lani. Snack on locally grown macadamia nuts while watching the sun set over the Pacific from your private balcony.

Farm visits in upcountry

Visit Maui's favourite farmers in the heart of upcountry. Guests to Surfing Goat Dairy have an opportunity to meet and greet herds of excitable goats as well as learn about the cheesemaking process, finishing with a sampling of the dairy's award-winning chevre-and-chocolate truffles. A stone's throw down the road, enjoy cocktails at Ocean Vodka, the island's favourite homegrown spirit. Fans of France will adore the Ali'I Kula Lavender Farm which offers guests an opportunity to purchase a variety of sweet-smelling beauty products and epicurean treats. Be sure to soak in the sun on their café patio with a hot cup of lavender tea and enjoy a picture-perfect view.

Maui boasts some of the most beautiful views in the world.

Feast at Lele

In the heart of Lahaina, a few steps from the calm lap of the ocean, throngs of tourists gather by the beach as the sun sets across the Pacific. They're eager with anticipation for the Feast at Lele, an inspired cross between a lu'au and an al fresco fine dining restaurant that, for once, lavishes as much care on the food as its entertainment. Sexy male waiters dressed in floral sarongs serve tropical cocktails, as well as an epic feast showcasing the culinary traditions of the Polynesian Islands.

Hana's natural wonders

The routinely romanticized Road To Hana offers motorists a dreamy out-of-this-world highway adventure to one of the most tranquil locales in all of Hawaii. Be sure to explore Haleakala National Park for its towering 400-ft. Waimoku Falls and Wai'anapanapa State Park where fine black sand and moody caves offer swim fans a unique spot to soak in the sun. Before hopping back on the road, treat yourself at the Travaasa Spa, an award-winning resort that Oprah and her entourage are said to fancy.

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Restaurant classic comes to your table

Beef Fajitas. Beef and vegetables are cooked together in this recipe for an easy supper

DINNER EXPRESS
Emily Richards
food@metronews.ca

Sometimes when I look in the pantry, all I see are flour tortillas. Then I wonder what I should whip up with them.

Well, most often classic recipes come to mind and they're enjoyed by everyone. These Beef Fajitas are one of those traditional recipes.

Because the veggies and meat are cooked together, you can serve the dish right from the skillet for that sizzle effect. These fajitas have some real spice to them!

However, don't be afraid to use tortillas in other ways like as a pizza base with simple toppings to enjoy with a salad or to use up leftovers from another night's meal.

You can also bake some up and use them to dip into your favourite dips.

Healthy options are easy to enjoy when you have ingredients on hand, and even with something as simple as flour tortillas, you can create easy meals for dinner or lunch.

FLASH FOOD

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Cooking tips

- Chicken/turkey option: You can use boneless skinless chicken or turkey breast instead of the beef.
- Serving option: You can serve the meat filling over rice instead of filling the tortillas.

This recipe makes two or three servings. EMILY RICHARDS

Ingredients

- 1 tsp (5 ml) canola oil
- 1 striploin grilling steak (about 8 oz/250 g), thinly sliced
- 2 tsp (10 ml) Worcestershire sauce
- Pinch cayenne
- 1 small red onion, sliced
- 2 cloves garlic, minced
- 1 each red and green bell peppers, sliced
- 2 tsp (10 ml) chili powder
- 1/2 tsp (2 ml) each ground cumin and dried thyme leaves
- 1/4 tsp (1 ml) pepper
- 1/4 cup (60 ml) pasta sauce
- 4 small whole wheat tortillas
- 1/4 cup (60 ml) light sour cream (optional)

1. In large non-stick skillet, heat oil over medium-high heat. Cook steak, Worcestershire sauce and cayenne for 5 minutes or until browned. Remove to plate.

2. Return skillet to medium heat and cook onion, garlic, green and red peppers, chili powder, cumin, thyme and pepper for 8 minutes or until tender crisp. Add pasta sauce and cook for 5 minutes. Return beef to pan and cook until heated through.

3. Place the meat-vegetable mixture in centre of a tortilla and dollop with some of the sour cream, if using. Roll up and then repeat with the remaining ingredients.

Who wants beef? Burritos do!

This recipe makes six to eight servings. EMILY RICHARDS

Add a flavourful twist to burrito night by blending half the beef with finely chopped mushrooms.

1. Place the fresh Crimini mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped. Add the ground beef; pulse until well combined.

2. Heat the oil in a large, nonstick skillet over medium-high heat. Add the mushrooms, Tex-Mex seasoning and mushroom seasoning. Cook for 10 minutes until mushroom mixture is browned.

3. Spread the refried beans over each tortilla. Spoon in rice, and top with the mushroom mixture, lettuce, salsa and optional guacamole and sour cream. Sprinkle with cheese, and roll up burritos.

4. Coat a hot non-stick skillet with cooking spray. Place the burritos, seam side down, and toast on both sides for 3 to 4 minutes until heated through.

NEWS CANADA

Ingredients

- 8 oz (250 mg) fresh Crimini mushrooms
- 1/2 lb (250 g) lean ground beef
- 1 tbsp (15 ml) canola oil
- 2 tbsp (30 ml) Tex-Mex seasoning blend
- 1 pkt (5 g) mushroom seasoning blend
- 1 cup (250 ml) reduced sodium refried beans
- 4 large flour tortillas
- 1 cup (250 ml) cooked Spanish rice
- 2 cups (500 ml) shredded lettuce
- 1/2 cup (125 ml) salsa
- 1/2 cup (125 ml) guacamole (optional)
- 1/2 cup (125 ml) fat-free sour cream (optional)
- 3/4 cup (180 ml) shredded part skim Cheddar cheese

Cristiano Ronaldo has scored his fair share of pretty goals on the pitch with Real Madrid and Portugal.
He also looks good off the field with girlfriend Irina Shayk on his arm. Scan the image below with your Metro News app to vote on the hottest couples in sports.

Wednesday's Metro AR poll

GETTY IMAGES

Metro AR poll results

50% Metro News readers voted the New York Islanders' 15-year, $67.5-million contract to Rick DiPietro the worst from our list of bad contracts. Here's how the rest of the underperformers fared :

19% Dion Phaneuf (7 years, $49M, 2013)

13% Gilbert Arenas (6 years, $111M, 2008)

6% Miguel Cabrera (10 years, $292M, 2014)

6% Ricky Romero (5 years, $30.1M, 2010)

6% Michael Vick (10 years, $137M, 2004)

Rick DiPietro GETTY IMAGES

A skate to Olympic gold on one foot

The secret's out.
Wickenheiser reveals she played in the Sochi Olympics with a broken foot

Hilary Knight of the United States and Hayley Wickenheiser of Canada dive for the puck during the women's gold-medal game at the Sochi 2014 Winter Olympics at Bolshoy Ice Dome in February. BRUCE BENNETT/GETTY IMAGES

It's a secret Hayley Wickenheiser could no longer hide.

The Canadian women's hockey star helped Canada win gold at the Sochi Olympics despite playing with a broken foot.

The 35-year-old native of Shaunavon, Sask., was sporting a walking boot on her left foot at the Hockey Hall of Fame on Tuesday, where she was a guest speaker at the second annual Gatorade High Performance Hockey Summit.

"I"ve had a broken foot for about a year now so I'm trying to fix it," Wickenheiser said. "I'm wearing this boot so I can avoid having that surgery, hopefully.

"I knew it was broken at the time (of Olympics), we just found out it was a little more serious break than we thought. It was just managing the pain."

Wickenheiser did a masterful job of hiding the injury. There was never a hint or mention of it prior to the Sochi Games or even after Canada's dramatic come-from-behind 3-2 overtime victory over the U.S. in the gold medal game.

But in an Olympic year, Wickenheiser didn't have the luxury of time to rest her foot, so she worked around it. With the national team's season over, she's had her foot in the boot for the last two weeks, with six more to go.

"After the Olympics ... it's kind of perfect timing to rest the foot and just be able to get healthy again," she said. "I spent a lot of time on the bike versus running and did some work around trying to stabilize the foot.

"My medical team was really good with treatments to keep the swelling down. I just did a lot of things on one leg and tried to minimize the pounding on my foot in order to be able to get through the games. Now I've had the chance to see where the damage is and with a couple of months' rest, I should be fine. I wasn't able to rest it before."

This isn't the first time Wickenheiser has endured pain. She played in the 2006 Olympics with a broken wrist but was still the tournament's top scorer and MVP.

In 2008, Sports Illustrated included Wickenheiser on its list of the 25 toughest athletes.

Ironically, skating wasn't painful for Wickenheiser because of the support the skate boot provided her injured foot.

"It wasn't too bad," she said. "But the running and training we had to adjust."

THE CANADIAN PRESS

Quoted

"I just did a lot of things on one leg and tried to minimize the pounding on my foot."

Hayley Wickenheiser,
Team Canada women's hockey gold medallist

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Downsizing (without downsizing)

Bentley Continental GT V8. This sleek luxury ride offers 40 per cent better fuel economy without making any compromises

MALCOLM GUNN
wheelbasemedia.com

Ford is introducing a turbo-charged 1.0-litre three-cylinder engine in its lineup. Mini is also putting in a three-cylinder for 2014.

Bentley? This luxury brand can't expect a 1.0-litre engine to move a big high-performance machine with any authority at all. But that doesn't mean that fuel consumption is not top of mind.

A socially responsible luxury car nudging $215,000 might seem like a contradiction. Maybe even an impossibility. You might even laugh at the notion.

But apparently rich people also want to feel a bit better about the dent they're putting in Mother Nature's front bumper. At least that's Bentley's spin on the two-door Continental GT V8 that drops four pistons from the program and picks up 40 per cent fuel economy while giving up very little, if anything, when it comes to performance and luxury.

That might be what a Bentley customers consider a "green" solution, but the bottom line is that it's still a 500-horsepower twin-turbo-charged 2,300-kilogram coupe with all-wheel drive. And on this afternoon at Circuito de Navarra in northern Spain, fuel economy and social responsibility are the furthest thing from everyone's mind.

The V8 engine gives away 67 horsepower but just 29 pound-feet of torque to the 12-cylinder model while the absence of four cylinders provides a weight savings of 25 kilograms over the front wheels and 50 kilograms overall. More importantly, the Continental's weight bias has shifted to a more balanced 51/49 front/rear ratio compared to the 54/46 for the 12-cylinder car.

On the track and the nearby two-lane highways, the V8 feels lighter on its feet, which makes the car more composed and responsive when cornering. The big coupe really does go where it's pointed with minimal objections from the front suspension.

Bentley's stopwatch numbers indicate a zero-to-100 km/h time of 4.6 seconds for the V8, barely two-tenths slower than the 12-cylinder car. The claimed 300 km/h top speed is 15 slower than its stable mate, not that it really matters to the vast majority of buyers who will seldom travel at even half that speed.

The raspy-sounding 4.0-litre V8 was jointly produced with VW's Audi division, where its derivatives are installed in the S7 and S8 sedans. However, Bentley took its own path in developing the engine's innards, including the addition of cylinder deactivation that shuts down half the pistons under light or no-load conditions to reduce fuel consumption. Another fuel-saving measure is the eight-speed automatic transmission (two more cogs than the 12 cylinder) that comes with manual shift controls plus its own separate coolant circulation system.

If you're into spirited driving, or a track day, make certain you select the virtually fade-proof carbon ceramic brake pad option for the massive 16-inch front rotors and 13-inch rears.

Socially responsible? That depends on which end of the buying spectrum you're coming from.

Tooling around the Spanish countryside in both models gives one pause as to how the car might be received in a land where one-quarter of its workforce is unemployed. However those concerns were dispelled while rumbling through one village where an elderly gent raised his cap at the passing parade of opulence and with a broad smile bowed in salute.

It might not be a Prius, a Volt or a Leaf, but the Continental GT V8 is a car that delivers driving passion, luxury and prestige to a select group of buyers who can also feel a bit better about their choice.

The convertible has the same mechanicals as the coupe, but the steering is lighter to suit the cruiser crowd. ALL PHOTOS WHEELBASE MEDIA

Distinctive looks

Visually, the V8 distinguishes itself with its front air dam and matte finish mesh-type grille. Yes, it's a subtle difference, but it's more in keeping with the coupe's sporty character. Also noticeable are the distinctive standard and optional 20-inch wheels, and the front and rear winged Bentley logo with a red background. There are coupe and convertible models of the V8, the latter called the GTC.

The Continental GT's brake rotors are the biggest on almost any passenger car.

The 4.0-litre V8 is down just five per cent on peak torque when compared to the 12-cylinder model.

Horoscopes

♈ Aries
March 21 - April 20
You have a talent for surprising people and with the Sun linked to Uranus, planet of the unexpected, in your sign today you will go out of your way to shock. Just be careful you don't upset those on whom your security depends.

♉ Taurus
April 21 - May 21
What others tell you may seem reasonable but if something does not ring true, be cautious. Most likely you're wrong to be suspicions but today's cosmic set-up warns it's a bad idea to take chances.

♊ Gemini
May 22 - June 21
Just because you do not get along with someone on a personal level does not mean you cannot work with them. Put your feelings to one side and make an all-out effort to get a joint project finished.

♋ Cancer
June 22 - July 23
If you need to make a decision concerning your career, wait until the end of the week. The planets warn if you make it today, you could end up moving in the wrong direction.

♌ Leo
July 24 - Aug. 23
Someone will make a big deal of something that to you is of no significance. There's no point trying to reason because reason is an alien concept to them right now.

♍ Virgo
Aug. 24 - Sept. 23
Try not to be so free with your cash today. Spending may not be a problem for you now but it will be later when there is something you want to buy and you cannot afford it.

♎ Libra
Sept. 24 - Oct. 23
You may be tempted to ignore information that does not fit in with your worldview but that would be a mistake. Swallow your pride and act on what you are told. It may be embarrassing now but will save you trouble later on.

♏ Scorpio
Oct. 24 - Nov. 22
You may be having second thoughts about something you recently agreed to but it's too late to change things. Even if you were able to do so it would cost you too much in terms of time, money and damaged reputation.

♐ Sagittarius
Nov. 23 - Dec. 21
If you think you are being cheated, speak up. It may be that you have got the wrong end of the stick and there is nothing amiss, but until you know that for sure you cannot afford to take chances.

♑ Capricorn
Dec. 22 - Jan. 20
If you let even one doubt enter your mind, it will grow alarmingly quickly and before you know it you will think the world is coming to an end.

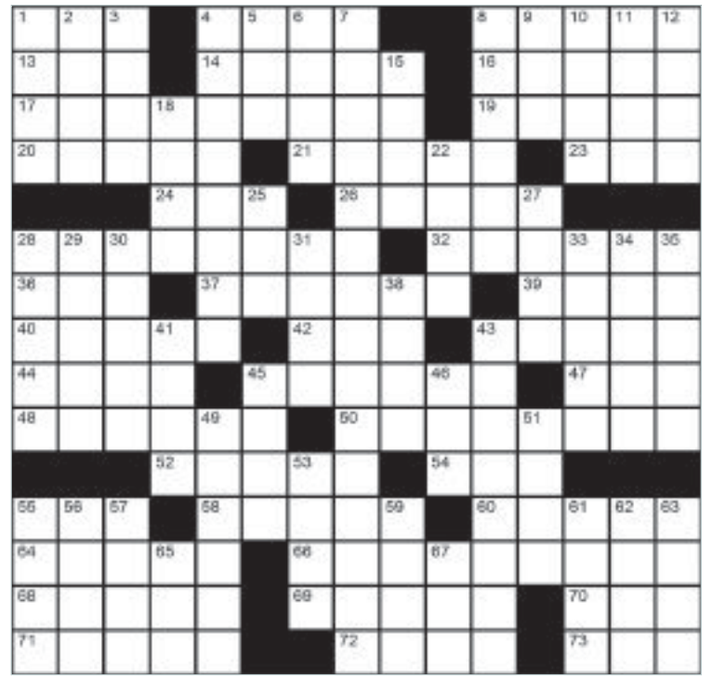
♒ Aquarius
Jan. 21 - Feb. 19
Consider all options before deciding what you're going to do next. Better still, do nothing. Loved ones may be annoyed you are dragging your feet but what can they do about it?

♓ Pisces
Feb. 20 - March 20
If you made a promise, keep it. If you try to wriggle out of it now you will damage your reputation, to the extent that certain people won't trust you so easily again. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

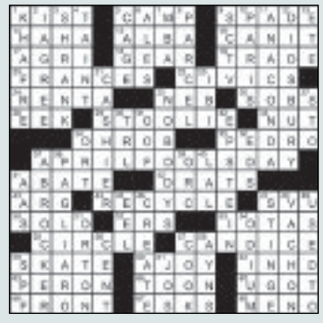
BY KELLY ANN BUCHANAN



Across
1. Actor Stephen
4. __-a-brac
8. Manitoba's highest elevation, __ Mountain
13. __ Dara (Jazz musician father of rap star Nas)
14. Ms. Remini's
16. Daisy type
17. Quebec village since 1600, located at the St. Lawrence/Saguenay rivers
19. Freshen
20. Cream cheese flavour, __ & Onion
21. Card deck's Jack
23. Classified __
24. Suppositions
26. Stairway sound
28. It's protected in a National Park
32. Arm injury aids
36. Antacid brand
37. Skillful
39. Actress Ms. Petty
40. Lawyer's expertise
42. Newt variety
43. Additional
44. Bike part
45. Botch: 2 wds.
47. Freezer stuff
48. Humid
50. BC village; or, 'Lanes' to shop at in downtown Toronto
52. 1950s fashion, now
54. Mr. Gershwin
55. Camel hair garment
58. Broadway offerings
60. Stage, as of a cycling event, in France
64. __ Bay (Canadian body of water)
66. Licence plate motto: '__ British Columbia'
68. Unaccompanied
69. Accounting firm, __ & Young
70. Early hrs.
71. Early __ (Morning person)
72. Video game maker
73. Charlotte __

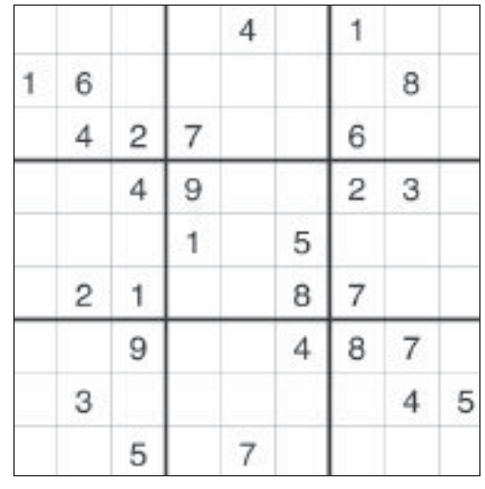
Down
1. Campus mil. program in The States
2. "In the Valley of __" (2007)
3. Posh car
4. Iris which is Quebec's provincial flower: 2 wds.
5. Home, briefly
6. "May _ __ a question?"
7. Typical weather forecast in April: 3 wds.
8. __ Shield (Biggest ecozone in Canada)
9. Big Joe Mufferaw's prop
10. Ms. Dunham
11. Tinted
12. Longbow woods
15. Incision mark
18. Roman love poet
22. Suit piece
25. Comedian Mr. Caesar
27. Tartan garb
28. Easts opposites
29. People of the Arctic
30. Longest river of France
31. Available
33. Pitcher's accomplishment, __-__ game
34. __-Roman (Wrestling)
35. Sea nymph
38. "__ _ blessing!"
41. Virtually
43. Gilbert & Sullivan output
45. Legendary story
46. Submachine gun type
49. Canadian folk musician, Don __ (b.1909 - d.1973)
51. Sixth/seventh notes, variantly
53. Boxer's pre-bout garb
55. Slightly open
56. Island of Indonesia
57. Old Testament: Book of __
59. Reasoned
61. From way out
62. Athletic footwear brand
63. Besides that
65. Hydrocarbon suffix
67. 18th President ...his monogram

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



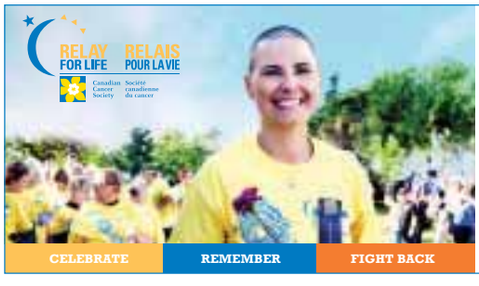
Yesterday's Sudoku

2	4	7	3	6	9	5	1	8
6	9	8	2	5	1	7	3	4
3	5	1	7	8	4	9	6	2
9	1	2	5	7	8	6	4	3
8	6	5	4	9	3	1	2	7
7	3	4	6	1	2	8	9	5
1	7	3	9	2	5	4	8	6
5	2	9	8	4	6	3	7	1
4	8	6	1	3	7	2	5	9

Today
1°/-9°
Variable

Thursday
2°/-5°
Variable

Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2014



Join Relay For Life now. Be part of the biggest cancer fundraiser and make the biggest impact in the fight against cancer.

Celebrate survivors, remember and honour loved ones, and fight back against cancer. Join your community and make a difference.

Saskatoon
June 13, 2014

Regina
June 20, 2014

Register. Volunteer. Donate.
Find out more at **relayforlife.ca/sk**

Soap Stories is seeking
6 F/T Beauty Treatment Operators
to sell soap & bath products in
Market Mall, 2325 Preston Ave, Saskatoon.
$13.20/Hr Plus bonus & commission.
Beauty certification required.
Email : soapskbto@gmail.com

RELAY FOR LIFE
RELAIS POUR LA VIE

Canadian Cancer Society
Société canadienne du cancer

CELEBRATE

REMEMBER

FIGHT BACK

Saskatoon – June 13, 2014
Regina – June 20, 2014

Events will also be held in:

Assiniboia
Battlefords
Estevan
Kindersley
Lloydminster
Lumsden
Meadow Lake
Moose Jaw
Nipawin
Preeceville
Prince Albert
Rosetown
Shaunavon
Swift Current
Wilkie
Yorkton

Check the website for dates.

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